



MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024

Time to talk - May

- Wellbeing Check-in
- Moving More for Mental health
- Exploring Vulnerability for Men
- Movement Calendar



**How does
movement
affect your
mental health?**

36%
of UK adults find it
challenging to find the
time for physical activity



Data collected by Opinium Research. Sample
6,000 UK adults, weighted to be nationally
representative. Survey from 12 to 21 March 2024.



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024

Poor mental health is stopping people from moving more

When asked what's stopping
them from being more active:



18%
said feeling low
or depressed

17%
said feeling
stressed

15%
said feeling
anxious

Reduces stress
hormones

Improves
self-esteem

**How movement
helps reduce
stress**

Boosts
your mood

Releases
endorphins

Helps
with sleep

Notice how movement feels in your mind and body

Do you want to speed up or slow down your movement? Do what feels good.



MINDFUL MOVEMENT

How to get the mental health benefits from movement through mindfulness.

Try mindful walking

This involves becoming aware of the sensations throughout your body as you walk. Start with your feet, then move your awareness upwards. Try this for one minute.



Turn everyday movement into more

Whether it's lunges while you Hoover, or bicep curls with grocery bags, there are many ways to turn everyday movement into something more.



Celebrate your movement

Celebrate all of your moments for movement, big and small. Be kind to yourself if you struggle and try to not let this stop you from keeping going.



Notice your breathing when you move

Bring your attention to your breathing as you move. Notice how it feels in your body. This can help you feel more present with yourself.



Exploring vulnerability for men - Quiz

Question #1:

What percentage of men experience a mental health disorder each year?

1. 3%
2. 8%
3. 13%
4. 20%

Response: 13% some of the most common mental health disorders include, depression, anxiety, PTSD, bipolar disorder and ADHD. Many researchers believe that men tend to underreport mental health symptoms which may lead to lower rates being reported.

Question #2:

How often do men cry each month?

1. 2
2. 1
3. 10
4. 20+
5. Cry? Men don't cry

Response: 2 times- the average American man cries about 1.9 times each month. The average American woman cries 3.5 times each month.

Exploring vulnerability for men - Quiz

Question #3:

Men are more likely to die by suicide than women?

1. True
2. False
3. It's about equal

Response: True- statistics consistently show the number of deaths by suicide for men are 4 times higher than women. In 2022, in the US, there were 40,000 suicide deaths in males and 10,000 suicide deaths in women.

Question #4:

What percentage of people feel better after crying?

1. 2%
2. 90%
3. 50%
4. 0%- crying doesn't help



Is crying healthy for men?

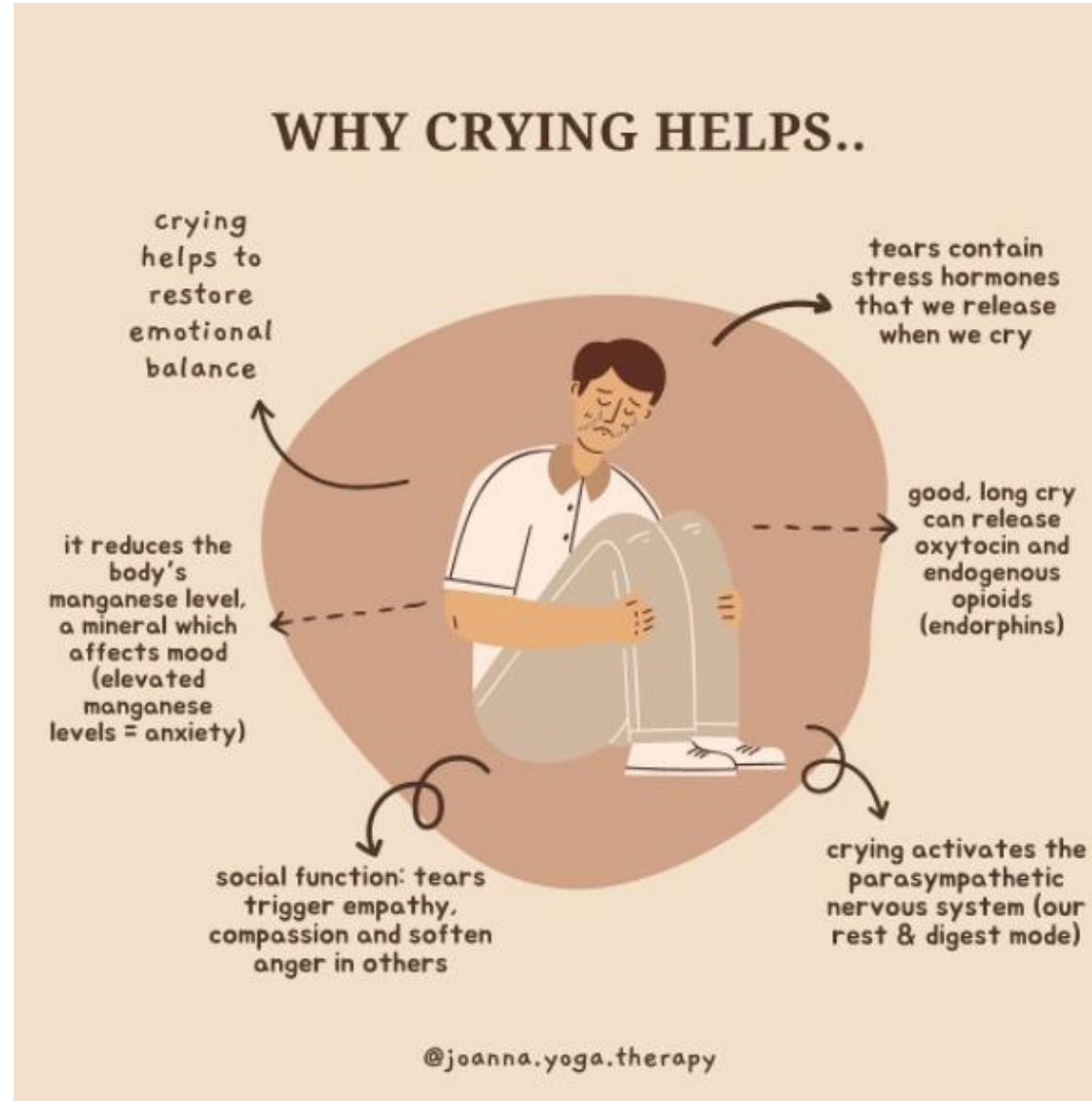
Is It Okay for Men to Cry? Psychologists have established that emotional crying releases oxytocin and opioids that is released from within, more commonly known as endorphins. These are effectively the brain's feel-good chemicals that can help ease the physical and emotional pain caused by a situation.

What is the biological purpose of crying?

Tears produced by emotional experiences (unlike tears produced from cutting onions, yawning) lead to a reduction in cortisol (the stress hormone), **which positively impact one's mood**

Evolutionary scientists believe that humans developed emotional crying to serve a social function. These theorists suggest that crying provides a **visual (and sometimes auditory) signal to nearby people that you are in need of social support and nurturing**

Crying, in the traditional sense, is a uniquely human phenomena. **Humans are the only animals to shed tears in response to strong emotional experiences**



Is it better to cry to release or suppress it?



Today's psychological thought largely concurs, emphasizing the role of crying as a coping mechanism that allows us to release stress and emotional pain.

Crying is an important safety valve, largely because keeping difficult feelings inside, what psychologists call repressive coping, can be bad for our health

SIGNS YOUR BODY IS RELEASING TRAUMA

ATTUNE PHILADELPHIA THERAPY GROUP
ERIC SPIEGEL, PHD

TRAUMA STORED

Gut Muscles: Clenched, Tight

Breath: Shallow, Rapid, Held,
Focused in Chest

Neck, Head, Shoulders, Jaw:
Tense, Scrunched, Clenched

Heart:
Racing, High BP, Low HRV

Hands & Feet:
Cold & Clammy

Body Experiencing:
Disconnected, Numb



TRAUMA RELEASED

Gut Muscles: Relaxed, Loose

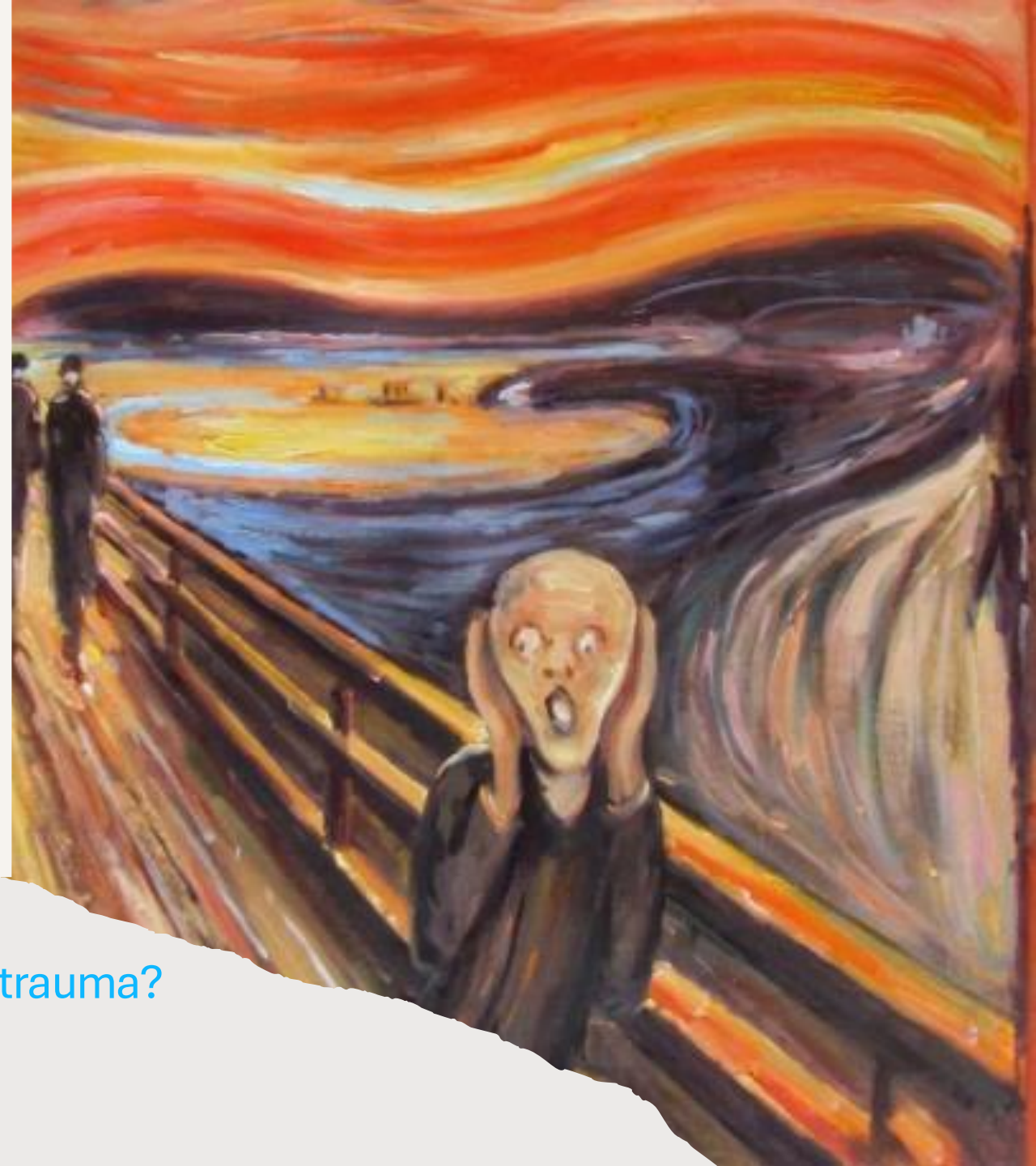
Breath: Full, Slow, Exhaled,
Focused in Diaphragm

Neck, Head, Shoulders, Jaw:
Engaged, Upright, Loose

Heart:
Calm, Low BP, High HRV

Hands & Feet
Warm

Body Experiencing:
Connected, Feeling of Ease



What are physical signs your body is releasing trauma?



MOVEMENT CALENDAR MAY 2024



Being active is so important for our mental health and this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going

for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television – it all counts!

This movement calendar is an amazing way to keep track of all your daily movements and plan out your movements for each week!

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Do some yoga, pilates or core exercises	2 Walk, run, swim or cycle 20 mins	3 Meditation / Breathwork	4 Keep going! Rest day or movement of your choice
5 Believe in yourself! Rest day or movement of your choice	6 Walk, run, swim or cycle 20 mins	7 Clean the house!	8 Walk, run, swim or cycle 20 mins	9 Meditation / Breathwork	10 Do some yoga, pilates or core exercises	11 Rest days are important too! Rest day or movement of your choice
12 You're doing great! Rest day or movement of your choice	13* Walk, run, swim or cycle 30 mins	14* Bake a tasty cake!	15* Meditation / Breathwork	16* Do some yoga, pilates or core exercises	17* Walk, run, swim or cycle 30 mins	18* Be kind to yourself! Rest day or movement of your choice
19* You can do it! Rest day or movement of your choice	20 Dance around the house to your favourite music	21 Walk, run, swim or cycle 30 mins	22 Do some yoga, pilates or core exercises	23 Meditation / Breathwork	24 Walk, run, swim or cycle 30 mins	25 Wow! You've moved for 25 days in a row! Rest day or movement of your choice
26 Almost there! Rest day or movement of your choice	27 Walk, run, swim or cycle 40 mins	28 Do some yoga, pilates or core exercises	29 Do an activity around the house	30 Walk, run, swim or cycle 40 mins	31 Meditation / Breathwork	

*13-19 of May is Mental Health Awareness Week